



We're Ready... Are You?

Prescription for Preparedness



Be Prepared

Before communities are besieged by fires, floods, earthquakes and hurricanes, the key to survival—and success—is to be prepared. In this edition of *Wellspring*, we provide suggestions to help you create a plan to ensure the health of your family and the safety of your home. We hope you find the information valuable.

Being equipped to fulfill our mission of compassionate care, advanced medicine, close to home, means we must walk the talk when it comes to preparedness, braced for any disaster Mother Nature might throw at us. Of course, some crises are fueled by economic or political firestorms. We spent the twilight of 2017 planning for challenges that we and other health care systems will face in 2018. They include:

- Continuing into the future, what government pays physicians and hospitals to care for those on Medi-Cal and Medicare will decline;
- The hastily forged tax bill approved by Congress and signed by President Trump will have many intended and unintended consequences for health care, none of them favorable for hospital systems; and
- Some major health insurance plans—notably Kaiser Permanente and Blue Shield of California—have adopted spurious new reimbursement policies for community hospitals that care for their members, resulting in tens of millions of dollars in underpayments for NorthBay Healthcare.

Seeing the convergence of those three situations, we engaged in a type of emergency preparedness we've experienced before. But the scale of the coming impact is unprecedented. We are ready to respond in myriad ways:

- A more seamless delivery-of-care model is being created to streamline the process and reduce its costs;
- There will be a focus on services that no one else in our community will provide, from advanced cancer treatments to neurosurgeries to exceptional heart and vascular care; and
- We will seek legal and legislative redress when insurance plans do not want to pay fairly for the care we provide their members.

Those measures will go a long way toward ensuring not just our survival, but the long-term protection of the community's only locally based, locally managed health care system.

Be well.

B. Konard Jones

President and Chief Executive Officer



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No matter the disaster, Jacob and Kim Riley have a plan—and emergency kits—at the ready.



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In a Time of Crisis NorthBay is Ready

Whether you're dealing with a major disaster or recovering from a nasty fall, NorthBay Healthcare's team of professionals stands ready to assist in your time of need, at a moment's notice.

When it comes to disasters—from wildfires to earthquakes, flooding and heat waves—it takes a community to respond. That's why NorthBay employees participate in safety drills, network with first responders throughout our region and offer community education in things such as CPR.

And for life's smaller emergencies, we provide not only primary care but also round-the-clock emergency care, and after-hours services such as urgent care and Care 'til 8.

In this issue, you'll not only see what NorthBay Healthcare is doing to be ready, but you just might pick up some handy tips for you and your family—how to build a first aid kit, have an escape route, a place to meet up. You'll learn why we train our staff members and encourage them to make personal plans too, just in case.

From our emergency departments and urgent care clinics to our labs and hospitals, our team has been trained to respond with the utmost professionalism and answer the call. **It's our mission to provide compassionate care and advanced medicine close to home—not just when it's convenient but all the time, especially when you need us most.** ☒

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Always Ready!

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MAYO
CLINIC

CareNetwork
Member



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Tim West knew he wasn't ready to accept limited mobility, which is why he opted for a total ankle replacement and has the distinction of being NorthBay Healthcare's first.



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Patient makes it her mission to educate people about a "diabolical illness."

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Sean Zortman, Environmental Health & Safety manager, left, confers with Greg Duncan, assistant vice president of facilities operations, during a safety inspection on the NorthBay VacaValley Hospital campus.

In the Event of a Crisis, NorthBay is Ever Ready

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“At the end of the day, we are in the business of helping others.”

~Greg Duncan, assistant vice president of facilities operations
.....

In 2016, it was a collision between a train and two buses that sent 120 people to local hospitals. In 2015, it was an explosion on the Suisun City waterfront, and the year before an Ebola outbreak.

In each case it was a test, only a test—part of a drill involving hospitals and first responders throughout the state. And each time, NorthBay Healthcare’s medical professionals stepped up to participate. Why?

“Because drills provide invaluable practice to exercise what an employee may be expected to do in a real-world emergency,” explained NorthBay’s Environmental Health & Safety Manager Sean Zortman. “By conducting and assessing drills, we are able to continually improve staff knowledge and update plans to ensure effectiveness.”

In the past decade, scenarios have included gunmen on a local school campus, a Bay Area earthquake, which caused a collapse at the Fairfield mall, and an airplane crash. “While fortunately these have all been fictional, none of them is outside the realm of possibility,” said Greg Duncan, assistant vice president of facilities operations. “At the end of the day, we are in the business

of helping others. This is especially true in emergency situations when those who cannot help themselves rely on our ability to perform as professionals.”

NorthBay Healthcare collaborates with a multitude of agencies, including local fire departments, law enforcement, the Solano County Sheriff’s Office, the Solano County Office of Emergency Services, local school districts, cities and statewide agencies. “These relationships are important because in a time of need we all, to some degree, rely on the professionalism and support of other agencies to overcome disasters,” said Sean. “From day to day response by law enforcement for a workplace violence event to periodic fire prevention inspections by the local fire department, it is imperative that we maintain good working relationships with our various partners.”

In addition to statewide disaster drills, NorthBay also conducts a number of internal drills, including quarterly fire drills on each campus.

Continued on Page 12...



The Basics of Emergency Care

When an emergency happens, you should always call 911 for assistance. But what if you're in an area not quickly reached by first responders or you're caught in a rapidly changing emergency? You may need to rely on your own skills to save a life before help arrives.

The immediate threats to life—those requiring a virtually instant response from bystanders—are actually few in number: the obstructed airway, the person without a pulse or with uncontrolled bleeding.

In all situations, ensure your own safety first, says Dr. Ben Williams, medical director of the Emergency Department at NorthBay Medical Center and NorthBay VacaValley Hospital. Then turn your attention to the ill or injured person and apply the ABCs of emergency care: Airway, Breathing and Circulation.

"If you have managed to reach a 911 operator, stay on the line and follow instructions," Dr. Williams said. Is the person breathing or is his airway blocked? A person who can speak clearly is usually breathing through a normal airway. If the person has collapsed and is not breathing, it is time to perform cardiopulmonary resuscitation (*CPR*, see page 8) to maintain circulation.

When the person is breathing, your next concern is to control bleeding. If there is excessive bleeding, first apply direct pressure to the wound to contain the loss of blood. If you are unable to control the bleeding on an arm or leg with direct pressure, apply a tourniquet above the wound. Tourniquets



Dorothy Mickel of Fairfield chats with Dr. Ben Williams.

can be used safely and will not cause irreversible damage if left on for less than one to two hours, according to Dr. Williams. When first responders arrive, they will evaluate the need for a tourniquet.

Although usually not life-threatening, a broken bone is disabling and the victim needs help. "If a bone is broken, don't move it or try to splint it. It is best left for first responders," Dr. Williams advised. "If you suspect a neck injury, don't move the patient."

If you come across a car accident, do not attempt to extricate people from the car unless they are in very

Learn basic CPR and complete a first aid class to arm yourself with the skills you need should you be called upon to help in an emergency situation.

immediate danger of fire or flood. "Learning basic CPR and completing a first aid class will arm you with the skills you need should the unexpected happen and you are called upon to help," Dr. Williams added. ☒

Learn to Avoid *Serious Accidents*

Accidents within the home are a leading cause of death in the United States. Falls, drowning, and injuries from burns, poisons and hazardous chemicals are among the most common reasons for visits to the emergency department. The good news is that many of these home accidents can be prevented by taking some extra precautions.

Heather Venezia, Trauma Program director at NorthBay Medical Center, said the hospital sees the result of home accidents on a daily basis. "Injuries from falls top the list," Heather said. "We see patients injured falling out of bed and off the couch as well as off the roof. And, items falling on top of people also cause injuries."

Falls

Falls account for more than a third of all fatal injuries. From falling off the roof while removing holiday ornaments to tripping over a rug or slipping in the shower, falls take their toll on people of all ages.

You can prevent such accidents around your house by eliminating obstacles and hazards that increase the risks of tripping, skidding, or stumbling. Eliminate clutter from the floor, including boxes, shoes, toys and anything a person could trip over.

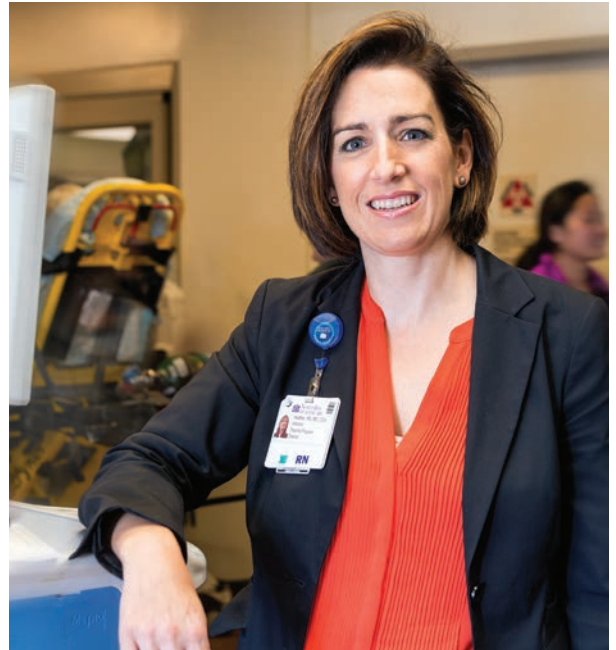
Make sure any electrical cords or extension cords are secure. Remove throw rugs or secure them with double-sided tape so they won't slip.

Keep objects off the stairs and make sure handrails are secure. Check your light bulbs and make sure your house is well lit.

Injury by Falling Object

Being struck by an object is included by the Centers for Disease Control and Prevention (CDC) as a leading cause of accidental injury. "We see injuries caused by people reaching for something elevated that falls on them or they fall because they are using an unstable step stool," Heather added.

Avoid having unstable objects, furniture or other heavy items in areas where they may fall



Heather Venezia, R.N., Trauma Program director.

and injure someone. Children climbing on unstable furniture that tips over on them is another common cause of injury. If possible, secure heavy items to the wall.

Drowning

It only takes a couple inches of water for drowning to occur. Children are most susceptible to these accidents, so never leave a child around standing water, pools or tubs.

Adults should also avoid falling asleep while taking a bath. The best way to prevent drowning is to learn water safety and how to swim.

Burns

Household burns are another common injury seen in the emergency room. Most burns are associated with cooking, Heather explained. Scald burns from hot liquids are one of the most common burns to children and older adults.

Kids love to reach, so to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.

in Your Home



Home accidents can be prevented by taking some extra precautions.

Use oven mitts or potholders when handling hot pots and pans.

Another source of burns is curling irons. “Accidentally grabbing the hot end of a curling iron can cause a painful burn to the palm of your hand,” Heather said. “Make sure you unplug your curling iron when you finish with it.”

Poisoning

A poison is any substance that is harmful to your body if too much is eaten, inhaled, injected, or absorbed through the skin. Everyday items in your home, such as household cleaners and medicines, can be poisonous if misused.

Medication dosing mistakes and unsupervised ingestion of medications are common ways that children are poisoned. Secure medications out of reach of children (lock them up if possible)

and dispose of all unused or outdated prescription and over-the-counter medicine.

Keep cleaning solutions and detergent pods in their original packaging for easy identification. Follow label instructions when using household chemicals.

Keep the poison control number by your phone: (800) 222-1222.

Household Chemicals

Always read the label before using a product that may be poisonous. Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions.

Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases. Turn on the fan and open windows when using chemical products such as household cleaners.

Wear protective clothing (gloves, long sleeves, long pants, socks, shoes) if you spray pesticides or other chemicals. ☒

Try to Stay Cool When Solano's Heat is On

The temperatures may be pleasant now in Solano County, but just wait. You know summer will be here in a few months, and with it the ever-rising mercury. Don't let heat exhaustion burn out your love of summer. Make sure you recognize signs of trouble as you head outdoors for fun and exercise.

Heat exhaustion happens when your body overheats to the point that it can no longer regulate your temperature. It can be caused by physical activity when it's hot outside or simply by living in a hot environment without adequate access to water.

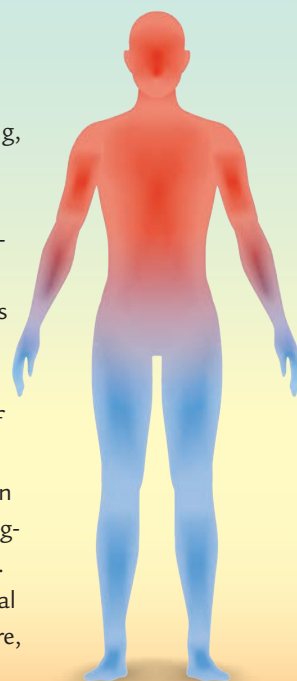
Your body cools itself by sweating. This requires enough fluid in the body to make sweat, air circulating across the skin, and low enough air humidity to allow that sweat to evaporate. You can avoid heat-related illness by drinking plenty of fluids, protecting

yourself against sunburn and wearing loose-fitting, lightweight clothing.

Symptoms of heat exhaustion include profuse sweating, nausea and vomiting, weakness, headache, lightheadedness and muscle cramps.

First aid treatment for heat exhaustion includes recognizing the symptoms, stopping the activity, and moving to a cooler environment. Rehydration with water or a sports drink is the cornerstone of treatment for heat exhaustion.

If the activity is not stopped and you remain in a hot environment, your heat exhaustion can progress to heat stroke, a life-threatening emergency. You may have heat stroke if changes in your mental status occur, including confusion, lethargy, seizure, or coma. Get help immediately. ☒



It's Critical: Have

Not only are Fairfield residents Jacob and Kim Riley ready in the event of a disaster, they've helped family and friends prepare as well. "We have a Facebook group that is just for family and close friends so we can communicate. We have put together a plan for what to do in any type of emergency," explained Jacob, a service technician in the sign industry.

The Rileys were inspired to create their plan after their daughter, Emma, was born two years ago. "Having a child made me start to think about how precious life is," explained Jacob. "You look to the future and think about dangers and what to do if the worst thing happens."

So he began to write up a family plan. "We have paths and exit routes planned out and we know where we will all meet up, if it comes to having to leave town or

something like that," he said. "And we keep a three-day supply of food and water."

They have an emergency kit in their home and backpacks with supplies in their vehicles. "People should consider, if they have children or babies, what kinds of things they will need," added Kim. "Have diapers and formula and keep your supply updated."

It helps that Jacob's cousin is in law enforcement. "When I first started writing up the plan, I would show it to him and we would share ideas," said Jacob.

Even without emergency experts in the family, there is plenty you can do to protect yourself and family should an earthquake, fire, flood or other disaster happen. In the aftermath of such disasters, electricity could be out for days and clean drinking water may not be available. You may be separated from family, or find yourself in need of a quick escape route.

"Being prepared in advance is important, for our employees and the community at large," explained Greg Duncan, assistant vice president of Facilities Operations at NorthBay Healthcare. "Disasters can have a tremendous impact on health care facility operations, often requiring 'all hands on deck' until things return to normal. Having families that are prepared results in fewer workers that we will be without and fewer people who will end up at the hospital needing care."

Greg and others recommend that families consider the following when planning for disasters:

WATER: Water service to your home may be cut off or contaminated. If grocery stores are open, the huge demand for bottled water may deplete supplies quickly.



The Red Cross recommends all first aid kits for a family of four to include items on the checklist at left. The Mayo Clinic also recommends that people have two first-aid kits: one in the home and one in their car. Store your kits someplace that is easy to get to and out of the reach of young children. Make sure children old enough to understand the purpose of the kits know where they're stored.

a Plan

“Having a child made me start to think about how precious life is.” ~Jacob Riley

Most experts suggest storing at least one gallon of water per person to last three days. That’s because a normally active person needs to drink about three quarters of a gallon of fluid a day and maybe more depending on a person’s age, health, physical condition, activities, diet and climate. Pets need water too, so that should be considered in determining how much water to keep on hand.

“Most people probably don’t have enough fresh water and food on hand to withstand a three-day (or more) situation without power or water,” said Greg. “People may think, ‘Oh, I have a case of Costco water and I’m fine.’ But they may not be fine. You have to take into account how many people live in the house and if there are pets. If they are all sheltering in place, there may not be enough water.”

FOOD: Even though it is unlikely that an emergency would cut off your food supply for two weeks, consider maintaining a supply that will last that long, suggests the Red Cross. You can use canned goods, dry mixes, and other staples on your cupboard shelves. Be sure to check expiration dates. Foods that require no refrigeration, water, special preparation or cooking are best, and you should have a manual can opener handy.

MAKE A PLAN: Make an emergency survival kit that includes things such as a flashlight, batteries, medications, a first aid kit, sanitation and personal hygiene items, a blanket, extra cash and maps. Discuss with your family how to prepare and respond to the types of emergencies that are most likely to happen where you live, work and play. Identify responsibilities for each person and how you will work together as a team. Practice as many elements of your plan as possible and include escape routes and emergency meeting places.

MEETING PLACES: Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs.



Jacob and Kim Riley were inspired to create a family disaster preparedness plan after the birth of their daughter, Emma.

If you have pets or service animals, think about animal-friendly locations. And because everyone may not be together at home when a disaster happens, the plan should include ways to contact one another and two places to meet—one near the home in case of a sudden emergency like a fire, and one outside the neighborhood in case circumstances prevent people from returning home. The plan should also identify an emergency contact person from outside the area in case local telephone lines are overloaded or out of service.

HOUSEHOLD INFORMATION: Write down phone numbers and email addresses for everyone in your household. Having this important information in writing will help you reconnect with others in case you don’t have your mobile device or computer with you or if the battery runs down. If you have a household member who is deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device or computer. ☒

Teaching Others to Save Lives

Lacy DeQuattro, NorthBay Healthcare Simulation Lab program coordinator, is not content with training mere hundreds of NorthBay Healthcare employees in cardiopulmonary resuscitation (CPR); her mission is to reach out and blanket the community as well.

That's why you might find her at a local Girl Scout Troop meeting, or at the Vacaville CreekWalk, demonstrating her skills. She hosts a booth at health fairs, has been a regular guest speaker at the Fairfield Public Safety Academy, and offers monthly training and refresher courses for local volunteer fire departments.

Why train members of the public? "The public is first in the chain of survival," said Lacy. "They can start CPR and call 911. If they get trained, statistics show that survival rates go up significantly."

"That's important to understand," she continued, "because during a major disaster, emergency professionals may be unavailable. Knowing how to save someone is very important in that situation. You never know when and where something may happen, and when it does, there may not be an emergency responder around. Maybe you are out camping, or at a baseball game and minutes matter, so giving quality (chest) compressions is important."

Don't make the mistake of thinking that the training you took years ago is enough, she warned. "It's important to refresh your skills because the American Heart Association comes up with updates and improvements constantly and things may have changed," she said. "It's hard for health care professionals to keep up, let alone a lay person."

Can anyone learn? "Yes," said Lacy. "My 6-year-old knows how to do CPR. Even young children can grasp that something is wrong, call 911 and know how to get help and what to do until emergency crews arrive." ❄️



◀ Top: Jennifer Duncan, R.N., a clinical nurse II with NorthBay Healthcare, takes a test on her CPR skills.

Bottom: James Parmer, R.N., a clinical nurse II with NorthBay Healthcare, runs through CPR information with Sandy Piedra, R.N., director of emergency services for NorthBay during a recent skills testing session.

Fires to Floods



Earthquake

Solano County is next to several earthquake fault lines and experts say it is only a matter of time before an earthquake the magnitude of 6.7 or greater occurs in the Bay Area. If you feel the earth rumbling, take the following precautions:

- If you're indoors, stay inside. If you're outside, stay outside.
- If indoors, stand against an inside wall, a doorway, or crawl under heavy furniture.
- Stay away from windows and outside doors.
- If outdoors, stay in the open away from power lines or anything that might fall.
- Stay away from buildings that could fall on you.
- Don't use matches, candles, or any flame due to the danger of broken gas lines.
- If you're in a car, stop and stay inside the car until the earthquake stops.



Floods

Heavy winter rains often bring sudden flooding to Solano County. When the water rises, follow these warnings to keep you and your family safe:

- Don't drive through a flooded roadway. Turn around and go the other way. More people drown in their cars than anywhere else.
- If your car stalls, abandon it immediately and climb to higher ground.
- Don't walk through flooded areas. As little as 6 inches of moving water can knock you off your feet.
- Stay away from downed power lines and electrical wires. Electrocution is another major source of deaths in floods. Electric current passes easily through water.
- If waters start to rise inside your house, go to the second floor, the attic and, if necessary, the roof.
- If you are outdoors, climb to high ground and stay there.



House Fire

If you see a fire or your smoke detector goes off, fast action is needed:

- Remain calm and call 911 from a safe location.
- If you see smoke under the door, find another way out.
- Feel the door with the back of your hand before you open it. If it is hot, find another way out.
- Drop to the floor to avoid smoke and fumes. Crawl to safety.
- If your clothes catch on fire, stop, drop to the ground, and roll to smother the flames.



Wildfire

As Northern California learned last year, wildfires can quickly overtake homes and yards. Here are some tips from what we learned last year:

- If you see a wildfire and haven't been notified, call 911 and report it.
- Turn on your radio or TV and monitor dangerous fire weather conditions.
- Keep your car fueled and stocked with supplies in case you need to evacuate.
- If you are ordered to evacuate, know where to go and go immediately.
- If you or anyone with you has been burned, call 911 or seek immediate help. Keep the burns cool and covered. ☒

Whether a child is 4, like Jemal Dyson, or 14, parents need to be ever watchful about their changing safety risks, says Dr. Gilbert Chang.



Keeping Kids *Safe* in a Challenging World

From knowing how to safely tuck an infant into bed, to dealing with a bully in junior high, how are parents able to keep their children safe in this complicated world?

“It’s a challenge, for sure,” said Gilbert Chang, M.D., a pediatrician at the NorthBay Center for Primary Care in Green Valley, “and so much of what worries parents varies as the child grows.” But, since he has spent more than a

.....
“Remember that safety is an everyday activity. Prevention is the best medicine.”
.....

~Gilbert Chang, M.D.

decade caring for children from birth to 18 years, Dr. Chang has developed quite the advice arsenal to help parents gain some peace of mind.

Take bedtime for infants, for example. Many of today’s young parents may have grown up sleeping on their bellies, but

Dr. Chang advises that this generation of parents instead place their infants on their backs at bedtime.

“Current research indicates that back-sleeping reduces the risk of Sudden Infant Death,” he noted. And if a parent is concerned about how back-sleeping might affect the shape of a newborn’s head, be sure to offer the newborn plenty of time cuddling on your chest or on his or her belly when awake.

Dr. Chang also discourages parents from bringing an infant into bed with them. “Babies should not sleep in the

bed with their parents, because it increases the risk that the child’s breathing could get cut off. It’s even more dangerous if the parent smokes, drinks or takes drugs—even some prescription drugs,” he said. Optimally, an infant should sleep in their parents’ room for the first six months, but the child will need his or her own safe space for slumber, such as in a bassinet or crib.

A host of other safety concerns crop up when your baby starts crawling or toddling. “Parents should baby-proof their home from top to bottom, covering electrical outlets, removing furniture with sharp corners, making sure they are safe in the kitchen when you are cooking, for example.”

As his young patients grow older, parents begin to question the right time for sports, cell phones, and even how to deal with bullies at school.

“Unfortunately, bullying can begin early, even in the first grade,” Dr. Chang noted. “I advise my parents to watch for signs of emotional withdrawal, or complaints of headaches, dizziness or belly pain when classes start in the fall or after the holidays.”

It’s important for parents to listen to their child, not only when they’re expressing concerns about school, but at all stages and ages, he added. Taking the time to listen not only keeps you connected, but will help your child to feel safe. “Remember that safety is an everyday activity. Prevention is the best medicine.” ❧

Childproofing Your Home

Even before children begin crawling or walking, Dr. Gilbert Chang advises parents and caregivers to take steps to assure harmful items are out of reach, locked in cabinets or behind doors secured with a safety latch:

- ! In the laundry room or kitchen, put away cleaning products, such as bleach, dishwashing and laundry detergents (especially single-use pods) and furniture polish.
- ! In the garage, put away antifreeze, gasoline, lamp oil and insecticides.
- ! In the bathroom, lock away over-the-counter and prescription medicines, vitamins and supplements, and personal hygiene products, such as nail polish remover, perfume and cosmetics.
- ! Check to see if your houseplants are harmful. Call Poison Help at (800) 222-1222 for a list or description of plants to avoid.
- ! Cover electrical outlets with safety plugs.
- ! Put baby gates at the foot of stairs.
- ! Tie up blinds or window covering cords.

Car Seat Savvy for Precious Cargo

Chances are that your children will spend a lot of time in the car with you so it's very important to make sure they're safely buckled into the right car seat, the right way, according to Gloria Renaud, unit clerk in NorthBay's obstetric unit, below. She teaches Car Seat Safety to expectant parents, focusing on car seat laws, how to choose the right seat, how to install it correctly, and how to properly buckle your child into it.

Car Seat Safety is one segment of the Newborn Care class, which focuses on teaching parents about daily care, nutrition, safety and what to expect in

their child's development during the first few months. The classes are free if you are delivering your baby at NorthBay Medical Center, and are held one Saturday a month, from 11:30 a.m. to 3:30 p.m., at the NorthBay Medical Center Annex.

Sessions will be held on March 17, April 14, May 12 and June 9.

To sign up, call (707) 646-4162 or visit northbay.org/calendar.

The California Department of Public Health also offers additional resources at www.cdph.ca.gov/vosp.



Find the Right Activity for Your Child's Age



Dr. Gilbert Chang has noticed parents seem to be signing their children up for sports at earlier and earlier ages. "While it's a great idea that helps promote a lifelong interest in fitness, starting them off too early can lead to injuries." He recommends that

parents help their child find the right activity—whether it's at school, a recreation center or in their own backyard—while also keeping their age, maturity and ability in mind. The Mayo Clinic suggests these guidelines:

AGES 2–5: Toddlers and preschoolers are starting to master basic movements, but are too young for organized sports. At this age, unstructured free play such as running, tumbling, throwing, catching and swimming is best.

AGES 6–9: As children get older, their vision, attention spans and skills start to improve, as well as their ability to follow directions. Best activities for this age range may be T-ball or baseball, running, soccer, gymnastics, swimming, tennis or martial arts.

AGES 10–12: By this age, children are better able to understand sports strategies and may be able to take on more complex skills, such as football, basketball, hockey and volleyball. Keep in mind, however, that growth spurts caused by puberty can temporarily affect a child's coordination and balance.

Ever Ready *Continued from Page 2...*

Wildfires last October gave NorthBay a real-life disaster to address, as evacuees included not only patients and their families, but employees and physicians. “We had to figure out how to ensure our employees could get to work, so we could do the important job of caring for our community,” said Greg. “That included setting up a day care program and helping our folks find shelter if they needed it.”

“In many ways, we can prevent some emergencies and, at the very least, mitigate risk by educating our employees,” said Sean.

That’s why the organization provides ongoing training, environmental tours and continual assessments. It’s a regular function of the engineering and facilities teams to check operations on everything from heating systems, water chillers and generators to oxygen tanks and high-tech medical equipment.

“While we can do many things to ensure that our environment is as safe as possible, there’s not much we can do to prevent natural disasters,” said Greg. “There are so many variables, it’s hard to be prepared for everything. But knowing that is half the battle. We have to be flexible and responsive when needed.”

Sean agreed. “We can prepare for the unexpected by not letting our guard down and by offering continual training, conducting exercises and taking advantage of lessons learned from other disasters.” ❧



Preparing the Next Generation to Be Our First Responders

NorthBay Healthcare is connecting with local schools and community programs, through a new Healthcare Academy program, with the goal of inspiring the emergency responders of tomorrow.

NorthBay Trauma Center and the Fairfield Police Activities League (PAL) team up on the fourth Monday of each month at the PAL “Career Café” program to conduct presentations, provide hands-on activities, answer questions and provide resources to students. The hour-long presentations are reaching a unique demographic of youth that might not otherwise connect with health career programs offered in Solano County high schools.

NorthBay Healthcare ambassadors reach out to high school students with the goal of creating opportunities for them to learn about educational and financial opportunities available to pursue a career in health care; positioning them to interface directly with members of the health care field in order to help them determine if health care is a viable career choice for them and seeking out those who otherwise would not have the opportunity to explore health care as a career choice. ❧



Learn to Fend Off Falls

Balance is a critical issue for older people and with good reason. According to the Centers for Disease Control, 2.8 million people age 65 and up are treated each year in emergency departments for fall injuries and one out of every five falls causes a serious injury such as a broken bone or head trauma.

NorthBay Healthcare is working to alleviate this issue by participating in community outreach events such as health fairs and festivals and partnering with the Solano Area Agency on Aging to provide classes to improve balance such as tai chi.


This spring, NorthBay Injury Prevention and Outreach Technician Brenna Benjamin will also team up with the agency to teach “A Matter of Balance” classes. A Matter of Balance is a structured group program that emphasizes practical strategies to manage falls. Participants partake in group discussions to learn that falls are controllable, set goals for increasing activity, eliminate home fall hazards, and participate in strength and balance exercises. Visit NorthBay.org for dates, times and locations for spring Matter of Balance classes. ❧

Fourth Star for Veterans Program

NorthBay Hospice & Bereavement has earned its fourth star in the *We Honor Veterans* program, making it the only level-four organization based in Solano County. The national program has helped NorthBay Hospice & Bereavement improve its ability to serve veterans and their families, and to ensure veterans have access to quality end-of-life care, according to Ed Lowe, executive director, NorthBay Health at Home; Hospice & Bereavement.

The program offers ongoing veteran-focused education for staff and volunteers in partnership with the National Hospice and Palliative Care Organization, in collaboration with the Department of Veterans Affairs.

Since NorthBay launched its program in the fall of 2015, the hospice team has worked to develop and strengthen relationships with Solano County's Department of Veteran Services, CAL VET (California Department of Veterans Affairs), Travis Air Force Base and others. NorthBay Hospice & Bereavement has also increased its visibility in the community with entries in Fairfield's Veterans Day Parade and participation in Dixon's annual *North Bay Stand Down* event for homeless veterans.


Hospice team members have worked to build a model of veteran-specific standards of practice to integrate into a plan of care for each veteran hospice patient, Lowe noted. "Solano County currently has nearly 35,000 veterans, so it's important that our hospice program and our hospitals serve this population with compassionate care, right here, close to home. It is our honor to do so," he added. 

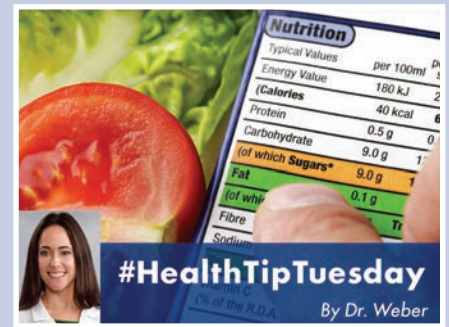


Foundation Receives Generous Gift

NorthBay Healthcare Foundation learned late last year that long-time Fairfield resident Bessie Day had willed a gift of \$200,000 to NorthBay Healthcare. Bessie Day loved her job serving the residents of Fairfield first as secretary to then-City Manager B. Gale Wilson, and then as Fairfield's City Clerk until her retirement in 1999. In those roles, she worked closely with many NorthBay Healthcare board members, including G. Ben Huber and Gary Falati, as the organization grew from Intercommunity Hospital to NorthBay Medical Center. Her career spanned 33 years, and earned her not only the honor of having the most years of service to the city of Fairfield at that time, but to have a street in the Gold Ridge subdivision named after her.

Mrs. Day passed away in June 2017, but her estate set aside \$200,000 for NorthBay Healthcare to be used to support areas of greatest need, according to Brett Johnson, NorthBay Healthcare Foundation president. "Bessie's wishes will be fulfilled in perpetuity," Johnson noted, "because our Foundation board has established a permanent fund—named 'The Bessie and Robert Day Endowment'—and earmarked the earnings on the fund to be spent at NorthBay Healthcare according to her request.

"Bessie loved Fairfield and wanted to ensure that she could continue to contribute to the community where she worked and lived," Johnson added. "Her generous contribution is a legacy that will help NorthBay Healthcare to fulfill its mission of service to our community." 



Use Facebook, Get Engaged

NorthBay Healthcare cordially invites you to get engaged on Facebook by reading, liking, sharing and commenting on our many healthy posts. You might even win a prize!

#HealthTipTuesday is posted every Tuesday on the NorthBay Facebook page (Facebook.com/NorthBayHealthcare) and shares a healthy tip from one of our many providers each week. Posts run the gamut from advice on exercise and diet to important reminders about regular checkups and the warning signs for serious health matters.

Each post includes a call to action: Comment on or share the posts to be entered in a monthly drawing for a \$50 Amazon gift card.

#OurDocTalk has become a regular feature on the NorthBay Facebook page as well. It is a series of Facebook chats (and sometimes Facebook Live video presentations) designed to connect NorthBay doctors with the community to answer questions on a variety of health issues. Interested followers are able to post questions and comments or send them via Facebook Messenger. Watch the page to see who our next featured physician will be.



Urgent Care Center Opens at Nut Tree

Solano County's first retail-based urgent care clinic opened in the Nut Tree Plaza in January, to a packed house of VIPs—NorthBay Healthcare leaders, board members, civic leaders and lawmakers—just hours before the first patient walked through the front door.

An affordable and convenient alternative to the hospital emergency room, NorthBay Urgent Care occupies 4,000

square feet in the buildings adjacent to the vintage Nut Tree train and carousel.

NorthBay Healthcare has partnered with Direct Urgent Care, a pioneer in operating high-tech, patient-centric urgent care centers in the San Francisco Bay Area. Together

they offer an improved consumer experience through a service-based, retail location, offering accessible, high-quality, affordable care.

NorthBay emergency physician and Direct Urgent Care co-founder Caesar Djavaherian, M.D., explained the reason for the venture into retail medicine. "This is what it's all about," he told the crowd as he lifted his cell phone: "It's the remote control of your life."

He explained that appointments at the new center can be easily booked on a smart phone and that the staff is all about handling patients efficiently and effectively.

The center features onsite X-ray, laboratory, some pharmacy services and accelerated test results within minutes. Expectations are 30 to 40 patients per day will be seen for low-acute illnesses—flu, fevers, sprains, cuts, broken bones, sports injuries, ear aches and other childhood maladies. "We will provide care for people of all ages, extending

NorthBay's standard for quality of care, delivered by a team of ER-trained clinicians," said B. Konard Jones, president and CEO of NorthBay Healthcare.


Online reservations will be available with a "virtual queue" to help minimize wait times. Walk-in patients can "save my spot" and are sent a text message when a treatment room and health care provider is available.

Direct Urgent Care operates similar high-tech, patient-centric centers in Berkeley, Oakland, San Francisco and Mountain View, all in or near retail centers.

"As the only community-based, locally managed, nonprofit health care system, we strive to fill the gaps in local services that people need," noted Aimee Brewer, president of NorthBay Healthcare Group, the division that operates the two local hospitals and an array of outpatient services. "Convenient and affordable urgent care for anyone who needs it is an asset to our community."

Wayne Gietz, vice president of Ambulatory Services, said retail medicine achieves two critical goals for NorthBay Healthcare. The first is it eases pressure on overburdened Emergency Departments, thereby reducing waiting times for patients who need emergent care. It also introduces more of the community to the NorthBay Healthcare system and the compassionate care, advanced medicine, close to home experience that it delivers.

"Being in a retail shopping area is the future of medicine," Dr. Djavaherian noted. "It is not fair for people to have to wait a week or more to be seen by their doctors when they are feeling sick today. We are now the same-day provider in our community."

Open daily from 9 a.m. to 7 p.m. at 1661 E. Monte Vista Ave., the facility will accept most major insurance plans. 

"Being in a retail shopping area is the future of medicine."

~Caesar Djavaherian, M.D.

Know Your After-Hours Medical Choices

It's good to have choices, unless those choices leave you confused. That's why anyone needing medical care after hours needs to understand their options and choose wisely.

EMERGENCY MEDICINE: This is what you need when it comes to life-threatening illnesses or injuries. If you're having a stroke, a heart attack, you've been involved in a vehicle crash or terrible accident, the emergency room is always your best bet for life-saving care. It is the only choice for those middle-of-the-night issues where you need immediate attention.

The downside: It is the most expensive option. Copays vary greatly, depending upon insurance. And the wait time can vary, depending on the severity of your condition, compared to others also waiting.

NorthBay has full service Emergency Departments in both of its hospitals, at NorthBay Medical Center in Fairfield and at NorthBay VacaValley Hospital in Vacaville. Both hospitals are certified stroke centers and certified to handle

pediatric patients. NorthBay Medical Center is also an accredited Chest Pain Center with a cardiac catheterization lab and heart surgeons ready to respond at a moment's notice.

CARE 'TIL 8: This is a great option for NorthBay Healthcare patients, who want to seek care at the same address where they see their primary physician, but need services with last-minute notice, or after hours. Provider teams at the Vacaville and Fairfield Center for Primary Care facilities offer Care 'til 8 every day, with the exception of a few holidays.

NorthBay patients pay the same copay as they would for an office visit. Not a NorthBay patient? A number of payment options and insurance plans are accepted. Visit www.NorthBay.org for a complete list of accepted insurances. Click on Insurance under the Patients & Visitors tab. Self-pay rates are also available.

X-ray services are available in the Fairfield CPC from 9 a.m. to 5 p.m. every day and in Vacaville from 9 a.m. to 6 p.m. Monday through Friday.

NORTHBAY URGENT CARE:

The latest addition to NorthBay Healthcare's family of medical services can be found in the Nut Tree Plaza and delivers "retail medicine" to anyone seeking care, from 10 to 12 hours per day, seven days a week.

It accepts most insurance plans, including Medicare and Tricare. In many cases, the patient will pay only the typical copay and for some, nothing at all.

The average length of treatment is less than an hour in most cases. Online reservations with a virtual queue will help minimize wait times and the need for a large lobby. Walk-in patients can "save my spot" and are sent a text message when a treatment room and health care provider is available.

There is an onsite lab, X-ray and pharmacy for one-stop shopping for medical care. ☒



Find Help:

NorthBay Medical Center

1200 B. Gale Wilson Blvd., Fairfield, 94533

NorthBay VacaValley Hospital

1000 Nut Tree Road, Vacaville, 95687

NorthBay Urgent Care

1661 E. Monte Vista Ave., Vacaville, 95688

Care 'til 8 Fairfield

2458 Hilborn Road, Fairfield, 94534

Care 'til 8 Vacaville

421 Nut Tree Road, Vacaville, 95687

◀ Physician Assistant Rita Keileh examines a cut on Jodi Danley's fingers during a NorthBay Urgent Care visit.





Tim West wasn't ready to settle for anything less than full mobility when he signed up to be NorthBay Healthcare's first total ankle replacement patient.



Legend of the Wild West

First Recipient of Total Ankle Replacement Rides Again

Tim West, 73, knows his rough-and-tumble lifestyle cost him two knees, two shoulders, a fused spine, the tips of several fingers and a left ankle.

The self-proclaimed cowboy—who lasted 8 seconds on the back of a brahma bull (that's a full ride), has wrestled such a creature to the ground, and has done backflips out of tall trees—has celebrity status for being the very first NorthBay Healthcare patient to receive a whole new ankle.

Dr. Kevin Miller answers questions about ankle replacement during an office visit.



And he'll be the first of many, predicts podiatrist Kevin Miller, D.P.M., who has performed ankle replacement surgeries before, but had to establish privileges to bring the new service to NorthBay Medical Center.

Now that he's done it, patients in Solano County will no longer need to travel to Sacramento or the Bay Area to have an ankle replaced.

Ironically, Tim and his wife Lauren drove 300 miles to have Dr. Miller perform his surgery. Dr. Miller was recommended by Dr. Andrew Brooks, who had successfully replaced Tim's right knee—twice. "I broke the first replacement," Tim said matter-of-factly with a drawl instilled from spending his formative years in Oklahoma. "I don't think they knew it could be done, but I did it."

Tim was so impressed with Dr. Brooks that he took his recommendation of Dr. Robert Peterson when he needed a new shoulder. And then Dr. Miller to follow up with the ankle. "I have not been disappointed by the fine orthopedic surgeons at NorthBay Healthcare," said Tim, saying it was worth every mile to come to Vacaville for his surgery.

Tim and Lauren are familiar with Fairfield. She grew up here and can point to structures around town her father helped build. The couple made Fairfield their home during the mid-1980s, raising three girls and becoming partners with Lauren's parents in Cement Hill Storage.

They retired in 2008 and moved north, to build a home and a horse ranch on 22 acres in Fieldbrook, about 18 miles north of Eureka.

It wasn't an actual accident that did in Tim's ankle, but arthritis. The pain was so bad that he could barely walk.


When he first met with Dr. Miller, Tim was told he had three choices: have the surgery (arthroscopy) which might help for awhile; have joint fusion, which would take away the pain but also flexibility; or get a whole new ankle.

It was an easy choice for Tim, who didn't want to make compromises. Mobility on a 22-acre ranch is a necessity.

The 3.5 hour total ankle replacement on July 19 was a total success, said Dr. Miller. He didn't replace bones, he replaced the joint with components made of titanium alloy and polyethylene.

The first few weeks of recovery were the hardest because Tim had to wear a boot and use a knee scooter to get around. But he's been devoutly following the advice of his physical therapist and has made amazing progress, according to Dr. Miller.

To celebrate his new ankle, Tim recently hopped onto the seat of his brand-spanking-new John Deere tractor to start clearing brush on the ranch.

"When we first met, Tim told me he wanted to drive his tractor, ride his horse and be able to get up and down out of a chair," said Dr. Miller. "He's doing all that now, ahead of schedule. The Legend of Tim continues." 



Ankle Surgery Added to Joint Program

Total ankle replacement is the latest addition to the NorthBay Joint Replacement program at NorthBay VacaValley Hospital. Now patients can elect to receive a new ankle, hip, shoulder, knee and partial knee replacements in a carefully planned program that promotes a successful and speedy journey to recovery.



NorthBay's program features pre-operative education, specialized hospital care, dedicated staff and progressive rehabilitation. For more information, call Cynthia Giaquinto, R.N., Orthopedics manager, at (707) 624-7600.

NICU Earns Press Ganey's Guardian of Excellence Award

NorthBay Medical Center's Neonatal Intensive Care Unit (NICU) was named a 2017 Guardian of Excellence Award® winner by Press Ganey. The Guardian of Excellence Award recognizes top-performing health care organizations that have consistently achieved the 95th percentile or above of performance in the category of the Patient Experience.


"This award represents an important recognition from the industry's leader in measuring, understanding and improving the patient experience," said B. Konard Jones, president and CEO of NorthBay Healthcare. "Our NICU is consistently a center of excellence that sets the standard for patient care."

NorthBay Healthcare Group President Aimee Brewer agreed. "This represents the NICU's tireless dedication to always putting our young patients and their families first, delivering compassionate care the NorthBay way," said Aimee. "It's inherent in how our NICU team functions, every encounter, and every time."

The Press Ganey Guardian of Excellence Award is a nationally recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5 percent of all Press Ganey clients for each reporting period during the course of one year.

NorthBay Medical Center's Level III Community NICU has provided upper Solano County with the most sophisticated services for premature or ill newborns for more than 30 years.

"I am so proud of all the nurses, physicians and staff in the NICU. This award is truly a testament to their passion, dedication and commitment, not only to the patients, but also to the families that we are so privileged to serve," said Steven Gwiazdowski, M.D., medical director of the NICU and chairman of the Department of Pediatrics.

Press Ganey is a leading provider of patient experience measurement, performance analytics and strategic advisory solutions for health care organizations across the continuum of care. 

Fighting Colorectal Cancer

Petra Pohl is a self-described introvert who really only ever felt comfortable speaking in front of the preschoolers she taught for years before her retirement. Imagine how difficult it is for the Vacaville resident to start a conversation about colorectal cancer.

But that's exactly what she's doing, because the three-year survivor is passionate about educating the public on this "sneaky, diabolical illness."

Colon cancer isn't necessarily handed down through family genes. And its symptoms are mostly invisible until its later stages. "A colonoscopy is nothing short of a miracle," said Petra. "It can expose pre-cancerous polyps

"Cancer never comes at a convenient time."

~Petra Pohl

and allow a doctor to remove them, which might save your life. Why go through what I went through if you don't have to?"

No one looks forward to a colonoscopy, and some people downright dread them. But the complaints are mostly related to the preparation—drinking oh-so-many ounces of a not-so-tasty solution and cleaning out the system prior to the test, said Petra. "The prep is no fun."

And, she pointed out, "there is a stigma associated with this part of our body, and currently one out of three people are behind on their screenings. My goal is to raise awareness about colorectal cancer so others won't make the same mistake."

Petra was taking care of her elderly parents for years, and admittedly put her own health on the back burner. She declined a colonoscopy at 50, and it wasn't until she was 59 before some unpleasant symptoms appeared.

The procedure wasn't as terrible as she thought, noting that "I was sedated and had one of the best naps of my life." But when she woke up, it was to news that she had rectal cancer.

It was Stage 3. According to the National Cancer Institute, Stage 3 rectal cancer has a 65 percent chance for five-year survival. However, after treatment, she was told she had a 20 percent chance of recurrence.

She describes the next phase as a whirlwind. She met with a NorthBay Cancer Center oncologist, surgeon and radiologist and mapped out a strategy. Also during this time, she lost her mother, who passed away on Christmas Day, 2014, about two years after losing her father. "Cancer never comes at a convenient time," she said.

In the year to come, she experienced chemotherapy, radiation and two surgeries. She credits surgeon Courtney Chambers, M.D., oncologist Jonathan Lopez, M.D. and excellent nurses, including Keni Horiuchi, R.N., with saving her life. "They are all my superheroes and I will always feel grateful to them for their courage, intelligence and willingness to prevent suffering," said Petra. "It has been a steep learning curve, but it has given me the beautiful gift of appreciating every day."

Now that she's back in the swing of life, she's ready to make a difference. With Dr. Chambers' encouragement,



◀ Petra Pohl, seated, appreciates the support she receives from her medical team at the NorthBay Cancer Center including oncologist and hematologist Jonathan Lopez, M.D., and Keni Horiuchi, R.N.

with Courage

she joined NorthBay Healthcare's new Patient Family Advisory Council. Now she has a chance to share her experience with future patients.

"Cancer is really isolating," she said. "People don't want to talk about it. They seem to think it's contagious. Or they feel sorry for you. But it's not like that at all. It's more like a chronic disease. You're not feeling great, but you're still living. And I wanted to live a full life."

As a volunteer with "Fight Colorectal Cancer (FCRC)," she has advocated for change in insurance law at the State Capitol and she will participate in the Colon Cancer Alliance "Undy Fun/Run Walk" in Sacramento.

"I don't like to get in front of groups to speak unless I believe something is really important," she said. "When I speak about cancer, I have that courage. It's important people don't make the same mistake I made." ❧

Surgeon Shares Patient's Desire to Raise Awareness

Petra Pohl didn't realize when she launched her drive to raise colorectal cancer awareness that her NorthBay Healthcare surgeon, Courtney Chambers, M.D., had also made it his focus. It was a disease that hit close to home for Dr. Chambers, whose wife's mother died at age 42 from metastatic colon cancer.



Courtney Chambers, M.D.

"An estimated 50,000 people will die of colorectal cancer this year. Many of these cancers could have been prevented if people had undergone screenings to detect precancerous polyps that can be removed," said Dr. Chambers.

The U.S. Preventive Services Task Force recommends screening begin at age 50. "We have diagnosed and treated patients for advanced colorectal cancer at NorthBay far too many times because they were never screened according to national guidelines," he said. The overall incidence of colorectal cancer has declined 32 percent since 2000, proving that education and screenings are key.

"When the Quality Improvement Committee at the NorthBay Group under the guidance of Bruce Hewett, M.D., launched a screening initiative last year for colon cancer, I realized it would be helpful if I added my voice to the chorus as a surgeon," said Dr. Chambers. "Prevention is better than a cure." ❧



NorthBay Medical Center Addition Right on Schedule

The three-story addition to NorthBay Medical Center is right on schedule to open in the summer of 2019. The roof was completed in December and 80 percent of the windows have been installed, explained Eric VanPelt, project manager. Work is underway on all three floors of the building. On the first and second floors, wall framing and seismic bracing are ongoing.

The first floor will include a new café, diagnostic imaging and central supply department, while the second floor features 22 new patient rooms. On the third floor, which will house the new operating rooms and post-anesthesia care unit, workers are roughing-in the overhead utilities.

A new generator and cooling tower are being installed in the utility plant next to the addition. ❧

Longtime Leader Stepping Down



G. Ben Huber

Longtime civic leader Ben Huber's three decades of visionary stewardship of NorthBay Healthcare and other civic organizations came to a close in mid-February when he resigned his post on the Board of Directors. Relocating with his

wife, Margaret, to Idaho to be closer to family in full-time retirement, Huber was feted at a host of civic celebrations.

In December, he was honored with NorthBay Healthcare Foundation's "Spirit of Philanthropy" award. It came during a special event commemorating the 30th anniversary of the NorthBay Cancer Center, which opened in 1987. That was the same year that Huber joined NorthBay Healthcare Foundation's Board of Directors.

Tuesday, Feb. 6 was declared Ben Huber Day in Fairfield by Mayor Harry Price, while the Solano County Board of Supervisors that same day issued a proclamation citing him for his long-time public contributions. And on Feb. 12, the Fairfield-Suisun Chamber of Commerce hosted a farewell reception, marking his longtime connection to the business association.

Huber first arrived in Solano County in 1965 when he and a colleague established Explosive Technology, a successful and respected firm manufacturing pyrotechnic devices for the military and aerospace industry. That same year he joined the Chamber of Commerce and served on its board of directors for many years.

Huber also served the Fairfield community as a member of the City Council for many years. In 2016 the Chamber of Commerce named him Citizen of the Year.

In 1987 he joined the NorthBay Healthcare Foundation Board of Directors. 



31st Solano Wine & Food Jubilee Returns to Vacaville




Mark your calendars: The 31st Solano Wine & Food Jubilee returns to Harbison Event Center at the Nut Tree in Vacaville, at 6:30 p.m. on May 19, 2018. "We're very excited that the Jubilee will again be held at the Nut Tree," said Craig Bryan,

Jubilee committee chair and NorthBay Healthcare Foundation board member. The Jubilee will offer ticketholders a "wine country casual" experience strolling about the Harbison Event Center grounds sampling some of the area's best food and award-winning wines and beers while enjoying musical entertainment.

The popular Silent Auction returns as well, where ticketholders peruse and then bid on an array of items from exotic vacations to wine country experiences and sports memorabilia. When the tasting portion of the evening concludes at around 9 p.m., ticketholders move over to the Nut Tree Pavilion area to enjoy rides on the Nut Tree train and carousel and dancing to one of the area's most popular bands, The Time Bandits.

Before dancers take the floor, the top prize in the Jubilee Raffle will be announced. The prize has been expanded to include five brand-new cars offered by Rami Yanni of the Wise Auto Group. The winner can choose between a 2018 Nissan Altima, Kia Optima, Hyundai Sonata, Buick Verano or Mazda3 Hatchback, with a MSRP of \$30,000. Cash prizes totaling \$10,000 will be announced. Presenting Sponsors are Al and Patt Shaw, Lee and Valerie Freeman, Heidi Y. Campini, Dennis and Alex Landis, the Wise Auto Group, Western Health Advantage, DPR Construction and Paradise Valley Estates.

Call (707) 646-3133 to purchase raffle tickets for \$35 each or three for \$100. Jubilee tickets are \$100 each or \$125 on the day of the event, if available. Call Susan Cianci, Foundation program coordinator, at (707) 646-3131 or visit www.wineandfoodjubilee.org. 

Missed the Magazine?

NorthBay Healthcare has changed the way it handles mail delivery of *Wellspring*. If you missed home delivery and want to receive it, send your name and address to Stacy.Andersen@NorthBay.org.

Community Health Education Classes

Healthier Living • A six-week class offered several times during the year, taught in conjunction with Solano Public Health and the Area Agency on Aging. Classes are free but space is limited. Call (707) 646-5469.

Caregivers' Support Group • For anyone involved in caring for a loved one with Alzheimer's disease or a dementia-related illness. Meets second Wednesday of the month, 7 to 9 p.m., at the Adult Day Center, 3777B VacaValley Parkway in Vacaville. Cost: Free. (707) 624-7971 or (707) 624-7970.

Supporting Parents After a Loss • Meets the last Wednesday of each month from 6 to 7:30 p.m. at NorthBay Medical Center, Annex Building. Cost: Free. Call (707) 646-5433.

Adult Grief Support Class, Journey Through Grief • Class meets weekly for eight sessions. Limited to 12 people per group. Participants follow a step-by-step approach using a book and journal. Cost: Free. For a schedule and to register, call (707) 646-3517.

Veterans Men's Support Group • A grief support group for men meets on the second and fourth Thursdays from 10 to 11 a.m. Cost: Free. Call (707) 646-3517 for dates.

Pulmonary Education Series • Three-session course meets on Tuesdays from 12:30 to 2 p.m. at NorthBay Medical Center in Fairfield and on the third and fourth Tuesdays at 9 a.m. at the VacaValley Wellness Center in Vacaville. A new course begins each month. Cost: Free. Call (707) 646-5072.

Congestive Heart Failure Class • Class meets every Wednesday from 12:30 to 1:30 p.m. at NorthBay Medical Center and on the first and second Tuesdays at 9 a.m. at the VacaValley Wellness Center in Vacaville. Cost: Free. Call (707) 646-5072.

New Beginnings Support Group • For stroke survivors, caregivers and family members. Third Tuesday of the month, 10 to 11:30 a.m. at VacaValley Health Plaza, Suite 240, Vacaville. Cost: Free. Call Elizabeth Gladney at (707) 646-4034.

Maternal/Child Health Classes

All prenatal and maternal child health classes are free if you are delivering at NorthBay Medical Center.

Sign up at NorthBay.org or call (707) 646-4162.

Labor of Love

A two-week prepared childbirth class for moms and dads or coaches.

Labor of Love—Saturday Class

A prepared childbirth class for moms and dads or coaches. One Saturday a month.

Newborn Care/Car Seat Class

Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. Parents are also taught how to choose and properly use infant and child car seat restraints. One-session course.

Maternity Orientation and Tour

A tour of NorthBay Medical Center's maternity unit with information about hospital registration, birth certificates and other pertinent information.

Breastfeeding the Baby-Friendly Way

Babies are born to breastfeed. Learn normal newborn behavior and what to expect from a lactation expert. Support persons are encouraged and welcomed.



For a complete schedule of classes and events, visit NorthBay.org/calendar.

Welcome New Physician



Pooja Patricia de Sa, M.D., comes to NorthBay from Mercy General Hospital in Sacramento where she has worked for the past two years as a pulmonary and critical care physician. She is a graduate of Terna Medical College in Mumbai, India and served her residency in internal medicine at the University of Texas

Health Science Center in San Antonio, Texas. She also served a fellowship in pulmonary and critical care at the University of

Kentucky, Lexington. Dr. de Sa's path to medicine began at an early age and was strongly influenced by her family. Her great-grandfather was a renowned gynecologist, her grandfather studied dentistry at the University of Nebraska in 1930 and returned to India to set up the "First Dental College" in Mumbai. Her father is a pediatrician as well as the medical director at one of the most prestigious hospitals in Mumbai. Ultimately, she said, her greatest joy in medicine is when she is able to help patients improve their health, regain their strength and feel better. 🌿



c/o NorthBay Healthcare Group
1200 B. Gale Wilson Boulevard
Fairfield, CA 94533-3587
Telephone (707) 646-3336
www.NorthBay.org



31ST ANNUAL
SOLANO

WINE & FOOD JUBILEE

May 19th

6:30 PM – 11:30 PM



HARBISON EVENT CENTER at the NUT TREE
1681 E. MONTE VISTA AVE



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Hospice & Bereavement



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FOR MORE INFORMATION, CALL 707.646.3131
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